



Adolescents + Virtual Reality

Health Benefits & Consequences



Noah Eisfelder



Madison Holbrook



Yeh-Eun Lee



Angus Wang

Is virtual reality an **acceptable** and **effective** form of therapy for children and adolescents recovering from mental health issues?



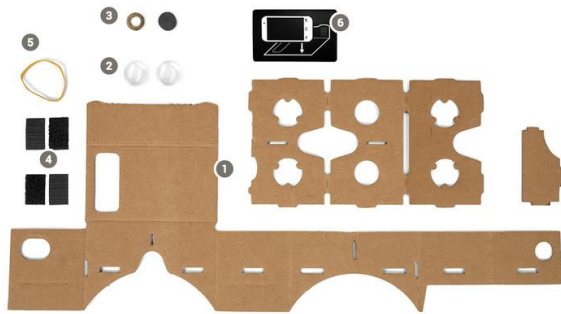
Overview

- I. Technical Aspects
- II. Research Findings
 - Addiction
 - Anxiety
 - Autism
- III. Social Aspects
- IV. Conclusion



Technical Aspects

- Different components, similar working principles



Google Cardboard



Oculus Rift



Sony Playstation VR

Addiction

Virtual “Heroin Cave” to help drug abusers identify and resist triggers.



“...emotionally connect with a virtual world that might offer a better reality than reality” (Sutton 2017)



Anxiety

- Help with everyday social encounter or more specific
- Exposed to virtual world of targeted scenarios
- VR vs. Cognitive Behavior Therapy
 - “Being exposed to only virtual characters only doesn’t cut it just yet” (Bouchard)
 - Proper Pace

Autism

- Shaped by *Theory of Mind* hypothesis
 - Taking on the mental state of others
- Attach concrete visual aids to scenarios
- Experiment with social scenarios



Autism

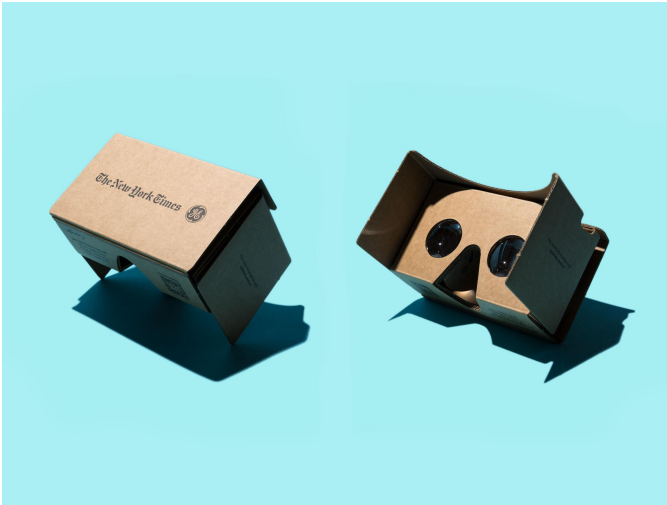
Applying skills to the real world and avoiding obsessive use



Social Aspects

How VR is used and influences society

- VR as a treatment/therapy
 - Mental Health research
 - Independent parties building systems to target mental health
- Shaped by VR in education
 - School-based mental health interventions
 - Constructivist
 - Partnerships between schools and companies



Google Cardboard



Unimersiv (Platform)

Conclusion

- Previous studies already being used in Autism
- Important to implement in conjunction with other methods
- No previous studies (with adolescents) in Anxiety and Addiction
 - Proposal: extend the studies to the preferred target audience
- Research on long-term effects
- Our view: good? bad?

Learn More: <https://teambeeblog.wordpress.com>

Thank You!

